



Spicy cheese bites

READY IN



25 min.

SERVINGS



24

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 85 g flour plain
- ☐ 50 g butter chopped
- ☐ 50 g gruyere cheese grated
- ☐ 25 g parmesan fresh finely grated (or vegetarian alternative)
- ☐ 2 eggs well beaten
- ☐ 1 l vegetable oil for deep frying

Equipment

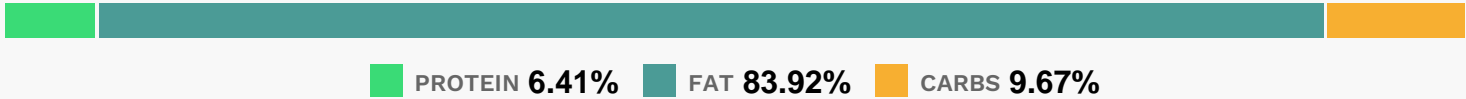
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ wooden spoon

Directions

- ☐ Sift the flour and a little salt into a bowl. Set a non-stick pan on the heat with 150ml cold water and the chopped butter. Bring to the boil, stirring until the butter melts. Tip in all the flour and, using a wooden spoon, beat hard until the mix becomes smooth and starts to leave the side of the pan.
- ☐ Remove from the heat, beat in the gruyere and half the parmesan and cool for 5 mins. Gradually beat in the eggs until you have a smooth, thick, but spoonable mix you may not need all the egg. Can be set aside now for 2 hrs without chilling.
- ☐ When ready to serve, heat the oil in a deep-fat frying pan to around 180C. Using 2 teaspoons scoop up neat dollops and carefully drop into the hot oil. Fry 6-8 dollops a time for 3-4 mins until golden and crisp dunk the dollops under to brown evenly. Reheat the oil as necessary.
- ☐ Drain on paper towels, sprinkle with the rest of the parmesan.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:1.96, Inflammation Score:-1, Nutrition Score:2.1026087079359%

Nutrients (% of daily need)

Calories: 113.64kcal (5.68%), Fat: 10.69g (16.45%), Saturated Fat: 2.93g (18.29%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 2.68g (0.97%), Sugar: 0.04g (0.04%), Cholesterol: 21.12mg (7.04%), Sodium: 50.24mg (2.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin K: 14.36µg (13.68%), Vitamin E: 0.73mg (4.83%), Selenium: 2.88µg (4.12%), Calcium: 36.46mg (3.65%), Phosphorus: 31.42mg (3.14%), Vitamin B2: 0.04mg (2.6%), Folate: 8.55µg (2.14%), Vitamin B1: 0.03mg (2.07%), Vitamin A: 99.75IU (1.99%), Vitamin B12: 0.08µg (1.37%), Iron: 0.24mg (1.35%), Manganese: 0.03mg (1.29%), Zinc: 0.18mg (1.23%), Vitamin B3: 0.22mg (1.09%)